



amta
american **massage therapy** association®
new york chapter

Touch of Inspiration

2020 AMTA-NY ANNUAL CONVENTION

May 1-3, 2020 | Saratoga Springs, NY



Message from the President

This is our only publication that we send to both AMTA-NY members and non-members alike!

AMTA-NY is committed to creating cost-effective opportunities for licensed massage therapists in New York State, and we provide hands-on training from some of the best educators across the country. This publication highlights our State Convention and provides a listing of the excellent educational classes we offer throughout the state in 2020.

AMTA has seen a significant rise in membership in recent years, almost doubling its total membership to over 93,000 members nationally. There is strength in numbers, and here in NY, we are trying to grow as well. If our membership can grow by 600 members, we will represent more than half of the licensed massage therapists in the state of NY. That would give us a huge advantage while pursuing our legislative efforts; such as combating illegal practice, and obtaining inclusion for workers compensation.

AMTA is the only professional organization for massage therapists that is a not for profit organization. The association's mission is to serve its members while advancing the art, science and practice of massage therapy. Perhaps this is why the AMTA is the most respected name in massage therapy.

According to Zogby Analytics, a firm that conducts independent, third-party research, "the American Massage Therapy Association (AMTA) continues to be the #1 choice for adults, who have had a massage in the past year, as well as massage professionals in terms of awareness, overall impression, credibility, respect and having the best trained and educated therapists." On topics such as respectability, credibility, trust and networking, AMTA is better perceived than any massage organization, by large margins, both among consumers and therapists.

Source: <https://www.amtamassage.org/articles/1/News/detail/3914/amta-is-top-choice-among-massage-organizations>

If you are not currently a member, I encourage you to consider joining. Enjoy some of the many member benefits, stand with your peers as we pursue legislation, or participate in our education events. Being an active member in our chapter can lead to many lasting meaningful relationships with your fellow LMT's.

We are the future of the massage therapy profession, together we can make a difference in more lives.



Nicholas Bodkin

Nicholas Bodkin, LMT
AMTA New York Chapter President
518.260.0432

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We cordially invite you to join us in the famous "Spa City" for our AMTA-NY 2020 Convention held Friday, May 1st - Sunday, May 3rd! If you are an AMTA-NY member, come a day early and enjoy the option of taking 2 complimentary classes. You have the opportunity to receive 28 continuing education hours while learning from some of the most notable and well-respected educators our industry has to offer!

Attend the Annual Business Meeting Luncheon on Friday, and learn more about AMTA-NY while meeting the current Board of Directors. Students, you are invited to attend the special "Student Luncheon" on Saturday, hosted by Nick Bodkin, the AMTA-NY Chapter President.

Enjoy perusing the Vendor Marketplace, as there are always unique, innovative products and services to explore! We also encourage you to dance the night away at the Dinner Dance Saturday evening; we get to honor our fellow comrades who make a difference in our profession, and there are some fun surprises as well!

We truly hope this Convention gives you a touch of inspiration that you can bring back to your massage practice! On behalf of the Convention Committee, we look forward to sharing in this experience with you!

Warmly,



Lindsay Bodkin

Lindsay Bodkin, LMT
AMTA-NY Convention Committee Chair

Schedule of Events

Thursday, April 30

CEH

| | | |
|------------------|---|---|
| 8:30am – 12:30pm | Marketing in a Nutshell / Jenn Sommermann | 4 |
| 1 – 7pm | Convention Registration Open | |
| 1:30 – 5:30pm | Considering Ethics / Jenn Sommermann | 4 |
| 3 – 7pm | Vendor Marketplace Open | |
| 6:30 – 8pm | Board of Directors Meeting | |

Multi-day Sessions

Friday, May 1-Sunday, May 3

CEH

| | |
|---|----|
| Fascial Balancing: Lower Quadrant-IAHE-UII / Kerry D'Ambrogio – May 1: 8am-12pm; 2-6pm May 2: 8am-12pm; 1:30-5:30pm May 3: 8:30am-12:30pm | 20 |
|---|----|

Friday, May 1

CEH

| | | |
|--|---|---|
| 7 – 9am | Continental Breakfast | |
| 7am – 5pm | Convention Registration Open (Closed during Business Meeting 12-1:45 pm) | |
| All Day Class Sessions 8am-12pm; 2-6pm | COMT Neck Assessment and Stretching / Joe Muscolino | 8 |
| | The Role of the SI Joint in Low Back Pain / Cynthia Ribeiro | 8 |
| | Kinetic Chain Patterns Causing Complicated Knee Conditions Including Ascending Syndromes & Total Body Lesion / James Waslaski | 8 |
| Morning Sessions 8am – 12pm | Touching the Mind: Mental and Mood Disorders for Massage Therapists / Ruth Werner | 4 |
| | Add Talk to Your Touch: Using Suggestions and Visualizations to Make Your Sessions More Effective/David Lobenstine | 4 |
| 10am – 12pm | Vendor Marketplace Open | |
| 12:15 – 1:45pm | Annual Business Meeting Luncheon | |
| Afternoon Sessions 2 – 6pm | Put Science to Work for You: Using Research to Market Your Practice / Ruth Werner | 4 |
| | Working the Rib Cage: The Neglected No Longer Series, Part One / David Lobenstine | 4 |
| 6:30 – 9pm | Vendor Marketplace Open | |
| 7 – 9pm | Welcome/Vendor Appetizer Reception | |

Saturday, May 2

CEH

| | | |
|--------------|---------------------------------------|--|
| 7 – 9am | Continental Breakfast | |
| 7am – 1:30pm | Convention Registration & Voting Open | |

Saturday, May 2

CEH

| | | |
|-------------------------------------|---|---|
| Morning Sessions 8am – 12pm | Assessment and Manual Therapy Treatment of the Psoas Major / Joe Muscolino | 4 |
| | Gait Analysis / Cynthia Ribeiro | 4 |
| | Integrated Manual Therapy and Orthopedic Massage for Complicated Shoulder Conditions & Multiple Crush Phenomenon / James Waslaski | 4 |
| | Pathology and Massage Therapy: Reproductive System Conditions / Ruth Werner | 4 |
| | Stop Worrying, Start Working: How to Massage the Inner Thigh Effectively / David Lobenstine | 4 |
| 10am – 3:30pm | Vendor Marketplace Open | |
| 12 – 1:30pm | Lunch Break (on own) | |
| 12 – 1:30pm | Student Luncheon – Welcome to the Profession | |
| Afternoon Sessions 1:30 – 5:30pm | Assessment and Treatment of the Piriformis / Joe Muscolino | 4 |
| | Prevention and Rehabilitation of Shoulder Impingement Syndrome / Cynthia Ribeiro | 4 |
| | Integrated Manual Therapy and Orthopedic Massage for Complicated Cervical Conditions / James Waslaski | 4 |
| | Pain Science and the Opioid Crisis / Ruth Werner | 4 |
| | The Excellent Exhale: Make Your Massage Better By Using Your Client's Breath / David Lobenstine | 4 |
| 7pm | Dinner Dance – Banquet Dinner & Awards Ceremony | |

Sunday, May 3

CEH

| | | |
|--------------------------------------|---|---|
| 7:30 – 8:30am | Continental Breakfast | |
| Morning Sessions 8:30am – 12:30pm | Review of Fundamental Anatomy and Physiology for Massage Therapists / Joe Muscolino | 4 |
| | Assessing and Treating Common Headache Pain / Cynthia Ribeiro | 4 |
| | Elite Sports Therapy / James Waslaski | 4 |
| | Herpes, Hep and Flu, Oh My! / Ruth Werner | 4 |
| | Rocking: The Most Useful Technique You Never Do / David Lobenstine | 4 |
| 10am – 1pm | Vendor Marketplace Open | |
| 1pm | Convention Concludes: Submit Convention Evaluations | |

Class Course Descriptions

Multi-Day Session

May 1: 8am – 12pm, 2 – 6pm

May 2: 8am – 12pm, 1:30 – 5:30pm

May 3: 8:30am – 12:30pm



Fascial Balancing: Lower Quadrant (20 CEH)

Instructor: Kerry D'Ambrogio

Must attend all classes to receive the 20 CEH.

The purpose of this course is to teach you 6 key principles to Fascial Balancing that can be applied through the body. The workshop includes lecture, demonstration and practice for each technique presented. Students will gain a thorough understanding of Fascial Balancing Techniques used for the specific evaluation and treatment of the fascia of the lower quadrant. This workshop will specifically focus on the evaluation and treatment of superficial and deep (muscle, bone, and joint) fascial tension in the posterior torso and lower extremities. The posterior torso includes cervical spine, thoracic spine, posterior rib cage, lumbar spine, pelvis, and sacrum. The lower extremities include pelvis, hip, knee, ankle and foot. This is a hands-on class, please bring your table, sheets and lubricant.

Friday, May 1

All Day Sessions • 8am–12pm and 2-6pm



The Role of the SI joint in Low Back Pain (8 CEH)

Instructor: Cynthia Ribeiro

The SI joint has long been the subject of many studies and debate in the medical field. A very stable point at the base of the spine, the SI joint is a crucial component in lower back pain. In this workshop we will discuss the importance of not only the joint itself, but the many strong structures surrounding it that lend to its stability. We will be including orthopedic assessments and hands-on modalities including but not limited to: NMT, Multi-directional DTF and PNF.

Please come dressed in comfortable clothing preferably spandex pants or shorts. This is a hands-on class, please bring your table, sheets and lubricant.



Orthopedic Assessment and Stretching the Neck (8 CEH)

Instructor: Joe Muscolino

This class is a hands-on workshop covering both orthopedic assessment and stretching of the neck. General and special orthopedic assessment tests will be demonstrated and workshopped. These tests will include active and passive range of motion, as well as tests designed to assess space-occupying lesions (pinched nerves), and vertebral artery

competency test. Stretching will be thoroughly explained, described, explored, and workshopped. We will begin with general cardinal plane stretching for all six functional groups of muscles of the neck, and then explore how to preferentially stretch specific muscles with multiplane stretching. We will then cover pin and stretch technique as well as more advanced neural inhibitions techniques (i.e., Contract Relax/CR, Agonist Contract/AC, [Proprioceptive Neuromuscular Facilitation/PNF]). This is a hands-on class, please bring your table, sheets and lubricant.



Kinetic Chain Patterns Causing Complicated Knee Conditions Including Ascending Syndromes & Total Body Lesions (8 CEH)

Instructor: James Waslaski

Manual Therapists will understand why over 90% of knee pain comes from the foot and hip and include thorough gait analysis, functional movement screening, and orthopedic assessment and will show therapists how a high arch or flat foot will cause the loss of the normal stirrup spring system. Therapists will understand the biomechanics of both open and closed chain kinetic foot strike. This ascending syndrome can cause multiple variations in tibial and sacral torsion patterns, and can ascend into rotoscoliosis of the lumbar spine and compensatory scoliosis and kyphosis of the thoracic spine, locking down the OA joint in the neck. Therapists will assess and treat the following complicated knee conditions: tibial torsions; ACL, PCL, MCL and LCL injuries; meniscus tears; IT band pain; patellar tendinosis; pes anserinus tendinosis; bursitis; patellar tracking; stuck fibular head pain; fibular and tibial nerve pain; excess supination and over-pronation of the foot; compensatory OA joint fixations and sacral torsions; distal hamstring and plantaris strains; and popliteal pain. Therapists will also learn to assess for total body joint and muscle lesions. Based on new research, therapists will know why vacu-therapies (cupping) must replace foam rollers for IT band release, rectus femoris release, and releasing the retinaculum of the knee. This is a hands-on class, please bring your table, sheets and lubricant.

Morning Sessions • 8am – 12pm



Add Talk to Your Touch: Using Suggestions and Visualizations to Make Your Sessions More Effective (4 CEH)

Instructor: David Lobenstine

You talk with your clients all the time, of course. But rarely do we use our voices as a tool to enhance the effectiveness of our touch. Here you'll learn how to sprinkle your sessions with mindful suggestions: a few cues for how the client could deepen and slow their breathing; a few visualizations for what their muscles and joints could be doing to release and soften a little further. This communication bypasses the rational, doing, part of the client's brain and instead encourages a more visceral, somatic, felt sense of the body. These simple prompts enhance the effectiveness of our strokes, encouraging a deep sense of ease and possibility in our clients. This is a hands-on class, please bring your table, sheets and lubricant.

Touch of Inspiration

Saturday, May 2

Morning Sessions • 8am–12pm

Gait Analysis (4 CEH)

Instructor: Cynthia Ribeiro

A study of the influence of gait in lower-extremity chronic and overuse injuries related to activities of daily living and sports participation must include some understanding of the biomechanics of the foot, especially in the act of walking and running. Manual Therapists must realize, when considering foot, ankle, and leg injuries, that these segments are joined together to form a functional kinetic chain. Each movement of a body segment has a direct effect on proximal and distal body segments. A number of biomechanical factors may be related to injuries of the lower-leg region. You will learn how excessive pronation and supination foot structures can influence chronic pain and lower leg injuries and pathologies.

Please wear or bring appropriate length shorts and a pair of shoes you wear often as well as appropriate footwear for bodywork.

Assessment and Manual Therapy Treatment of the Psoas Major (4 CEH)

Instructor: Joe Muscolino

After a brief review of the structure and function of the psoas major, this course is a hands-on experience with techniques for assessment (palpation) and treatment (manual therapy and stretching) of the psoas major. Palpation and manual therapy treatment of the psoas major will be shown in supine, seated, side-lying, 3/4 side-lying, and prone positions. Multiple stretch protocols will also be demonstrated and practiced. This is a hands-on class, please bring your table, sheets and lubricant.



Touching the Mind: Mental and Mood Disorders for Massage Therapists (4 CEH)

Instructor: Ruth Werner

The research about the positive effects of massage for mood disorders is strong and consistent. This class addresses some of the most common mental health and mood disorders seen in our culture today.

In addition to reviewing some of the pathophysiology and contributing factors to mental health and mood-related conditions, we will discuss common conventional treatment options, and what we know about how massage therapy can have the most positive impact for clients who live with these challenges.

In alignment with the newest edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-V), this class will examine various types of depression, bipolar disease, anxiety disorders, PTSD, obsessive-compulsive disorder, and others as time allows. This is a lecture class.

Afternoon Sessions • 2 – 6pm

Working the Rib Cage: The Neglected No Longer (4 CEH)

Instructor: David Lobenstine

As massage therapists, we spend a lot of time working on our clients' backs. And yet because we are so focused on all the big, beautiful muscles that spread across the back, I find that we often forget what is underneath – the ribs. These small bones, and the even smaller muscles that run in between them, are essential to nearly every movement that we make. And yet, how often do you do sustained, focused work on the rib cage itself? This is a neglected part of the body. It shouldn't be. In this class we will explore this marvelous realm, and learn simple but effective techniques to work the muscles and the fascia of the rib cage, both in prone and in supine. This is a hands-on class, please bring your table, sheets and lubricant.

Put Science to Work for You: Using Research to Market Your Practice (4 CEH)

Instructor: Ruth Werner

What is the best, most relevant, most important massage therapy research from the past few years? And – more importantly – how can you use it to build relationships with potential clients and other care providers?

Come to this highly interactive class to find out. We will discuss four recent, useful articles, including their place in the research hierarchy, their strengths and weaknesses, their findings and conclusions.

Then we will get to work, creating a variety of messages about that research for our practices. We will practice verbal communications about these findings, and we will brainstorm marketing ideas, possible blog posts, and other options for putting the science to work for you.

Links for participants to download the chosen articles will be shared ahead of time; all articles will be available subscription-free. Guidance for accessing this kind of information will also be shared. This is a lecture class.

 Lecture Class

 Hands-on session-please bring a massage table, sheets, and lubricant.

Saturday, May 2 *continued*



Integrated Manual Therapy and Orthopedic Massage for Complicated Shoulder Conditions & Multiple Crush Phenomenon (4 CEH)

Instructor: James Waslaski

Participants will learn new techniques that will forever change the way they approach myofascial, trigger point, and tendon pain. These innovative structurally oriented routines offer pain-free multi-modality methods for achieving immediate and permanent results for Rotator Cuff Injuries, Shoulder Impingement, Bursitis, Pectoralis Minor Tendinosis, Bicipital Tendinosis, Rhomboid Pain, and Thoracic Outlet. Participants will also take a detailed look at "Multiple Crush Phenomenon": The Role that cervical conditions play on weakness, numbness and tingling into the shoulder, arms and hands. Groundbreaking Frozen Shoulder corrections will highlight this dynamic interactive workshop. James will incorporate dazzling 3-D functional anatomy and human dissection models to support his multi-disciplinary approach for assessment, treatment and self-care of each condition. This dynamic multimedia presentation entails theory, real case studies, and 70% hands-on training. This is a hands-on class, please bring your table, sheets and lubricant.



Pathologies of the Reproductive System (4 CEH)

Instructor: Ruth Werner

Massage therapists are often short-changed in their education about reproductive system conditions, but many of our clients have these issues that interfere with their quality of life. This class addresses some common situations, including prostate enlargement, prostate cancer, endometriosis, dysmenorrhea, and perimenopause, as well as chronic pelvic pain for both sexes. Your clients live with these conditions: come find out what's really happening, and how bodywork might play a role in their coping skills. This is a lecture class.

Stop Worrying, Start Working: How to Massage the Inner Thigh Effectively (4 CEH)



Instructor: David Lobenstine

Let's be honest: how often do you massage the inner thigh?

The medial leg is probably the part of our clients that we neglect the most and work on the least. Yet it is also one of the most therapeutically valuable, crucial for resolving pain in the pelvis and lower back, as well as for addressing more general muscle holding and promoting full-body ease. Overcome your hesitation! Today you'll learn how to communicate effectively with your clients about this vital area, navigate the emotional and sexual complexities of the inner thigh, and drape the area with precision. And you'll learn and practice simple but effective techniques for massaging the adductors and the related pelvic musculature. This is a hands-on class, please bring your table, sheets and lubricant.

Afternoon Sessions • 1:30-5:30 pm



Prevention and Rehabilitation of Shoulder Impingement Syndrome (4 CEH)

Instructor: Cynthia Ribeiro

Have you ever had a client experience shoulder pain? This workshop will address repetitive motion, myofascial pain and dysfunction, and muscles involved with shoulder pain, more specifically Shoulder Girdle Impingement Syndrome. You will learn to differentiate between rotator cuff tendinosis, bursitis, and bicipital tenosynovitis.

You will learn how to re-educate the neuromuscular pattern due to myofascial pain and dysfunction by utilizing orthopedic assessment, neuromuscular therapy, trigger point therapy, PNF techniques, and multi-directional deep transverse friction.

For assessment purposes wear a sports bra and/or a tank top. This is a hands-on class, please bring your table, sheets and lubricant.



Assessment and Treatment of the Piriformis (4 CEH)

Instructor: Joe Muscolino

After a review of the structure and function of the piriformis, this course is a hands-on experience with techniques for assessment (palpation) and treatment (manual therapy and stretching) of the piriformis. Palpation and manual therapy treatment of the piriformis will be shown. Multiple stretch protocols (beginner, intermediate, and advanced) will also be demonstrated and practiced. This is a hands-on class, please bring your table, sheets and lubricant.



Integrated Manual Therapy and Orthopedic Massage for Complicated Cervical Conditions (4 CEH)

Instructor: James Waslaski

Imagine if you could restore normal muscle resting lengths to the major muscle groups in the cervical area of the body, and facilitate perfect alignment of the cervical spine. This dynamic multimedia presentation will give you a user friendly approach to evaluate, treat and custom design a client self care program that can eliminate complicated cervical conditions forever. You will learn functional assessment and special tests, myofascial and neuromuscular techniques, myoskeletal alignment techniques, scar tissue mobilization protocols, and specific stretches and therapeutic exercises to eliminate both the underlying cause, and clinical symptoms of the cervical pain and associated upper extremity numbness. We will specifically cover Atlas/ Axis mobilization, whiplash, cervical sprains and strains, facet joint dysfunction, spinal stenosis, cervical shearing forces, joint capsule adhesions, degenerative disc conditions, bulging discs, spinal stenosis, and joint arthritis. Cutting edge clinical research will be shared throughout this workshop, to support our unique approach to myofascial pain, and muscle-tendon strain pain. 70% Hands on training . This is a hands-on class, please bring your table, sheets and lubricant.



Pain Science and the Opioid Crisis (4 CEH)

Instructor: Ruth Werner

Do you have clients who live with chronic pain? This class is for you. Recent findings about the value of manual therapies in pain management, alongside new interest in non-pharmacologic approaches for people who live in chronic pain, have created some unprecedented opportunities for massage therapy. This 4-hour class

will look at current pain science, along with data on the opioid crisis and policies designed to help patients find new ways to manage pain, including massage therapy. This is a lecture class.

The Excellent Exhale: Make Your Massage Better By Using Your Client's Breath (4 CEH)

Instructor: David Lobenstine

We all have to breathe. So why not use the breath to your advantage? In this course you'll discover how the breath is a powerful, and too-often ignored, tool. Most of us are oblivious to how our clients are breathing, or not breathing—even though these fixed habits of respiration contribute to a cascade of aches and pains, including a lot of upper body tension that cause so many of our clients to come for massage in the first place! Here you'll learn how to assess what muscles your client is using—and often, overusing—in their habitual breathing. Then you'll learn ways in both prone and supine, to encourage a breath that is slow and easy, and that prompts the parasympathetic nervous system activation so crucial for our clients' health. This is a hands-on class, please bring your table, sheets and lubricant.

Sunday, May 3

Class Sessions 8:30am-12:30pm

Assessing and Treating Common Headache Pain Syndromes (4 CEH)

Instructor: Cynthia Ribeiro

Since headaches constitute a serious health problem, there has been an increasing interest in the pathogenic mechanisms of these pain disorders. Among all the described headaches, attention from clinicians has focused on those four most prevalent: TTH, cervicogenic headache, migraine without aura, and myogenic. Myofascial pain resulting from trigger points (TrPs) usually refers symptoms to both muscular and non-muscular structures. The intensity of myofascial pain due to TrPs should not be underestimated because it has been rated by patients as equal to or greater than pain from other causes. In this class we will focus on the four common types of headaches and the importance to distinguish between TrP origins and other pain syndromes in the head and neck.

For assessment and bodywork purposes, please wear an appropriate sports bra and/or tank top. This is a hands-on class, please bring your table, sheets and lubricant.

Review of Fundamental Anatomy and Physiology for Massage Therapists (4 CEH)

Instructor: Joe Muscolino

This class will be a thorough review of musculoskeletal (neuro-myofascio-skeletal) anatomy and physiology for massage therapists. As we work our way from kinesiology terminology, to planes and axes, bones, joints, fascia, and muscle function, we will consistently be applying the concepts covered to massage therapy. Marrying together the underlying fundamental anatomy of physiology with hands-on techniques empowers the therapist to think critically and creatively apply their manual therapy assessment and treatment techniques to become an extremely effective clinical orthopedic manual therapist! This is a lecture class.

Elite Sports Therapy Class, Clinical Sports Massage and Corrective Stretching and Strengthening Exercises for Performance Enhancement (4 CEH)

Instructor: James Waslaski

This unique course takes you far beyond the traditional event sports massage training. We will look at on site sporting event work, injury prevention, injury rehabilitation, and performance enhancement techniques. How do you customize your techniques to compliment the work of the athletic trainer, sport medicine physician, physiotherapist, or chiropractor? Are you familiar with the biomechanics and common injuries of the various different athletes? What about proper muscle firing orders for optimal performance? You will know which techniques can have a negative effect on performance, if applied too close to competition. You will look at protocols to enhance transitions in endurance events like triathlons. You will analyze movements of multiple sports, and eliminate overactive and underactive muscle activity to prevent sports injuries and enhance performance potential. This incredible course looks at Elite Sports Therapies that will set your work apart from the average sports massage therapist. This is a hands-on class, please bring your table, sheets and lubricant.

Herpes, Hep and Flu, Oh My! Public Health Issues for Massage Therapists (4 CEH)

Instructor: Ruth Werner

Massage therapists work more closely with their clients than almost any other health care professional, and that can create some risks for communicable diseases. Come learn about the latest research and guidelines for bodywork in the context of clients who may have contagious conditions. Updates on HIV/AIDS, hepatitis A, B, and C, tuberculosis, flu, MRSA infections and other conditions will be explored in the context of how bodywork can influence these processes. In addition, we will look at emerging and re-emerging diseases. Arm yourself with the best protection: information! This is a lecture class.

Rocking: The Most Useful Technique You Never Do (4 CEH)

Instructor: David Lobenstine

Stuck in a rut? Bored? Just working too hard? Try rocking – a technique that's as good for you as it is for your client. You'll learn how to create powerful undulating movements – fast or slow, light or deep – with a simple mobilization of your knees and hips. Rocking soothes the autonomic nervous system, making deeper work easier and lighter work more satisfying, while reducing your strain. Rock your way towards more effective and more gratifying sessions! This is a hands-on class, please bring your table, sheets and lubricant.

 Lecture Class

 Hands-on session-please bring a massage table, sheets, and lubricant.

Instructor Bios



Cynthia Ribeiro, LMT

Cynthia hails from Brazil, where she had attained a degree in Physical Education and studied Surgical Nursing. In the U.S., she graduated from two massage schools, and now specializes

in Neuromuscular Therapy and Orthopedic Massage. A highly dynamic teacher, she has taught advanced anatomy and injury rehabilitation skills and Advanced Neuromuscular Therapy workshops. Her highly effective therapeutic bodywork material has been brought to the NHI for the 400 hour program in Advanced Neuromuscular Therapy. She is Honorary Clinical Professor at the University of California Irvine Medical School, past National President for the American Massage Therapy Association (AMTA) and in 2017 she was selected as National Teacher of the year, Jerome Perlinski, Teacher of the Year Award. A continual inspiration to her students, she nevertheless says, "I am always a student myself, and I strongly believe in lifelong learning."



David M. Lobenstine, LMT

David M. Lobenstine has been a massage therapist, teacher, and writer since 2004. He is a graduate of the Swedish Institute and Vassar College. He has worked in a variety of settings, from luxury spas to

the US Open Tennis Tournament to a hospice and now, exclusively his private practice: Full Breath Massage. His aim is to enhance self-awareness, so that clients and students alike, can do the things they love with efficiency and ease. David has presented for AMTA regionally and nationally, for physical therapy conferences, schools and universities, and has written a number of articles that have been published by Massage Magazine and the AMTA Journals.

"My goal is to offer high quality in-depth education to therapists and bodyworkers that are looking to raise their bar and to enhance the level of the bodywork profession."



Ruth Werner, BCTMB

Ms. Werner is an educator, writer, and retired massage therapist with a passionate interest in massage therapy research and the role of bodywork for people who live with health challenges.

Her groundbreaking textbook, *A Massage Therapist's Guide to Pathology* was first published in 1998, and is preparing for its 7th edition. Ruth is a columnist for *Massage and Bodywork* magazine and *Massage New Zealand*. She serves on several national and international volunteer committees, and teaches continuing education workshops in research and pathology all over the world. Ruth was honored with the AMTA Council of Schools Teacher of the Year Award for 2005. She was proud to serve the Massage Therapy Foundation as a Trustee from 2007 to 2017, and as President of the Foundation from 2010-2014.



Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

Kerry D'Ambrogio is a physical therapist, osteopath, and board-certified acupuncture physician, a recognized leader in the field of manual therapy and has been featured regularly on radio and television talk shows. He is the author of *Positional Release Therapy* (Mosby) and his published articles have been featured in physical, occupational, and massage therapy magazines. Dr. D'Ambrogio graduated from the physical therapy program at the University of Toronto, Canada; the osteopathic program at the Canadian Academy of Osteopathy; The John Wernham College of Classical Osteopathy in Maidstone, England; and the acupuncture program at the Academy of Chinese Healing Arts in Sarasota, Florida, USA. Dr. D'Ambrogio has taught in over 20 countries. He founded the D'Ambrogio Institute with the vision of providing a comprehensive osteopathic manual therapy curriculum to train clinicians to make better decisions regarding patient care.

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James Waslaski, LMT

James is an Author & International Lecturer who teaches approximately 40 seminars per year around the globe. He's served as AMTA Sports Massage Chair and FSMTA Professional Relations Chair. He's developed 8 Orthopedic Massage and Sports Injury DVDs, and authored manuals on Advanced Orthopedic Massage and Client Self-Care. His new book: *Clinical Massage Therapy: A Structural Approach to Pain Management*, was published by Pearson Education in 2011. James is a Certified Personal Trainer with NASM. He received the 1999 FSMTA International Achievement Award, and was inducted into the 2008 Massage Therapy Hall of Fame. James was awarded Massage Therapist of The Year in 2012 at the Canadian Massage Conference. He was also nominated and awarded by his peers and colleagues the designation of Teacher of The Year 2015 at the World Massage Festival.



Dr. Joe Muscolino

Dr. Muscolino, in practice since 1985, is a licensed soft-tissue oriented chiropractic physician with a private practice in Stamford, CT. He taught anatomy and physiology at Purchase College, and taught kinesiology and musculoskeletal and visceral anatomy, physiology, and pathology courses at the Connecticut Center for Massage Therapy (CCMT). Dr. Muscolino is also an approved provider by NCBTMB and offers multiple levels of Certification in Clinical Orthopedic Manual Therapy (COMT) around the US and the world. He served as a subject matter expert on the Exam and Continuing Education committees of the NCBTMB and is the author of eight major publications. He writes a regular feature article for *Massage & Bodywork Magazine* and has written articles for the *Massage Therapy Journal (mtj)*, the *Journal of Bodywork and Movement Therapies (jbmt)*, *Massage Magazine*, *Massage Today*, and other massage related publications world-wide.



Jenn Sommermann, LMT

Sole proprietor, licensed in New York and Florida, nationally board certified and a member of the AMTA since 1991, Jenn brings almost three decades of experience to the classroom, having started six private practices and nurtured dozens more. Prior teaching experience includes massage therapy and acupuncture schools around the country and continuing education for schools and professional associations. Jenn's style is enthusiastic and her method of teaching and personal experiences make the class fun, interesting and unforgettable. Students will leave energized and with a new found momentum to tackle things that once intimidated them.

Thank
You

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**FOR YOUR CONTINUED
SPONSORSHIP**

Lodging Information



To secure lodging, contact:

The Saratoga Hilton

534 Broadway
Saratoga Springs, NY 12866
518.693.1002

RESERVE YOUR ROOM:

Dates:

Thursday, April 30 – Sunday, May 3

Online:

<https://book.passkey.com/go/AMTANY2020Conv>
and enter the group code **AQMD**.

Phone:

888.866.3596 and mentioning the group code is **AQMD**, or **American Massage Therapy Assn, NY Chapter**.

ROOM RATES:

\$169.00/per night
(2 night minimum is required)

PARKING:

Due to construction parking may be difficult and limited. Parking is complimentary in the Hilton Hotel lot. Civic Center parking and municipal parking is limited and scattered.

Carpooling is strongly advised and early arrival, if you are driving in daily, may help ensure ease of parking.

AMTA-NY offers rigorously vetted continuing education to grow your practice and your skill set. Practice new techniques in a hands-on course, or broaden your knowledge with courses on business, research and ethics.

Continuing Education Credit

NYS Continuing Education Law requires 36 hours of continuing education every 3 years beginning with your first re-registration. (Same as NY registration period.)

AMTA is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education approved provider. All courses are submitted for state CE, if appropriate. Visit amtamassage.org for current approvals by state.

AMTA-NY

2019-2020

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Volunteers Needed!

If you are interested in donating your time, skills and expertise, there are a variety of volunteer opportunities available at Convention 2019. We appreciate your help!

If interested, please contact:
585-582-6208 or
e-mail: office@amta-ny.org



amta
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**REGISTER
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Look for the link
on the home page
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Touch of Inspiration

2020 AMTA-NY ANNUAL CONVENTION

May 1-3, 2020 | Saratoga Springs, NY

Awards & Scholarships

Scholarship Essay Contest

The AMTA NY runs a Scholarship Essay competition every year!

Your school has the information and/or you can visit our website for information www.amtanewyork.org.

The recipient's of 2019's scholarships went to students from Finger Lakes School of Massage, Pacific College of Oriental Medicine and Finger Lakes Community College.

Be one of our 2020 winners? Good Luck!

Chapter Award Nominations

AMTA-NY is proud to honor those that go above and beyond for the profession.

You, as a member, can nominate or be nominated for a chapter award.

All information on how to download forms to your computer and submit your nomination can be found on our website www.amtanewyork.org under the tab *Awards and Scholarship*.

GET YOUR VOTE IN!

The deadline for nominations is
March 1, 2020.